

TRAVEL Schedule Highlights

Taste of the Danube • May 27 - June 2, 2010 Discover the beautiful Danube with its charming small towns and vibrant capital cities. Explore Slovakia's capital of Bratislava and the natural beauty between Hungary's Budapest and Austria's Wachau Valley. Stay two nights in Vienna, known as the "City of Music."

Canadian Rockies by Rail • June 5 - June 13, 2010 Begin your tour in Vancouver with a short trip to Victoria to see Butchart Gardens. Spend two days on the Rocky Mountaineer, traveling through Kamloops on your way to Jasper. After visiting the Ice Fields, you will overnight at the Fairmont Chateau Lake Louise. You'll also spend a night at the Banff Springs Hotel before concluding your trip in Calgary.

Alaska Inside Passage • June 6 - June 13, 2010 Partake in abundant activities on board or simply take pleasure in the spectacular scenery of Juneau, Sitka and Ketchikan. Enjoy diverse dining venues, try your luck in the casino, take in a dazzling Las Vegas-style show or indulge yourself with a massage or facial.

Islands of New England • June 11 - June 18, 2010 This journey highlights the natural beauty and traditional charm of New England. Tour the Marble House, an architectural marvel, in Newport. Visit the historical sites of Boston. Take a ferry ride to Martha's Vineyard. Spend a day exploring Nantucket, known for its beautiful cottages and cobblestone streets. Indulge in a traditional New England lobster feast.



LEC-0002/Q-150/5

The BELLETTINI

1115 108th Avenue NE
Bellevue, WA 98004
425.450.0800



March 2010 Events Calendar • Strike a Chord





The BELLETTINI

MARCH 2010

Strike a Chord

SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>9:00 Balance Builders, PFG 1 10:00 Relax & Stretch, PFG 11:00 Brain Gym, PFG 11:30 Knitting Club: Come Knit for Charity, L 1:00 Bellettini Artists Open Studio (Come Paint with Friends. Bring Your Own Supplies), TCR 1:00 Balance Builders, PFG 2:00 PrimeFit Olympics Bean Bag Baseball, PFG</p>	<p>10:00 Tighten & Tone, PFG 10:30 Blood Pressure Checks & Fitness Q & A, PFG 11:00 Brain Gym, PFG 2:00 PrimeFit Olympics Balloon Volleyball, PFG</p>	<p>9:00 Balance Builders, PFG 3 10:00 Posture Clinic, PFG 11:00 Brain Gym, PFG 11:30 Dance, Shake & Move, PFG 7:30 Midweek Movie, BT</p>	<p>9:00 Balance Builders, PFG 4 10:00 Tighten & Tone, PFG 11:00 Brain Gym, PFG 12:00 Stallion Club, T 1:00 Foreign Languages 101, BG 1:00 Balance Builders, PFG 2:00 PrimeFit Olympics Balloon Volleyball, PFG</p>	<p>11:00 Brain Gym, PFG 11:00 BELLEVUE ARTS MUSEUM (FREE ADMISSION, REQUEST SEDAN), OP 11:00 EXPERIENCE MUSIC PROJECT & THE SCIENCE FICTION MUSEUM WITH LUNCH AT ETTA'S SEAFOOD (SEATTLE), OP 11:30 Walking Club, PFG 2:00 PrimeFit Olympics Bean Bag Baseball, PFG</p>	<p>2:00 Bellettini Board Game Day: Simon, FD 4:00 Weekend Theater, BT</p>
<p>1:00 Digital Age 101 Class with Patrick, BG 7 1:00 FRYE ART MUSEUM IN SEATTLE, OP 4:00 Weekend Theater, BT 4:30 Oscars/Academy Awards with Champagne & Hors' D'oeuvres, BT</p>	<p>9:00 Balance Builders, PFG 8 10:00 Relax & Stretch, PFG 11:00 Brain Gym, PFG 11:30 Knitting Club: Come Knit for Charity, L 1:00 Bellettini Artists Open Studio (Come Paint with Friends. Bring Your Own Supplies), TCR 1:00 Balance Builders, PFG 2:00 PrimeFit Olympics Bean Bag Baseball, PFG</p>	<p>10:00 Tighten & Tone, PFG 10:30 Blood Pressure Checks & Fitness Q & A, PFG 11:00 Brain Gym, PFG 2:00 HEALTH & WELLNESS LECTURE: HEARING HEALTH, PFG</p>	<p>9:00 Balance Builders, PFG 10 10:00 Posture Clinic, PFG 10:00 WINTER BIRD WATCHING MARYMOOR PARK REDMOND, OP 11:00 Brain Gym, PFG 11:30 Dance, Shake & Move, PFG 12:00 New Resident Orientation, BT 7:30 Midweek Movie, BT</p>	<p>9:00 Balance Builders, PFG 11 10:00 Tighten & Tone, PFG 11:00 Brain Gym, PFG 12:00 Stallion Club, T 1:00 Balance Builders, PFG 2:00 Foreign Languages 101, BG 2:00 Join Together with the Band Tee & Cakes (Explore Your Inner Musician Participatory Music Hour), BT</p>	<p>10:00 SNOQUALAMIE CASINO, OP 12 11:00 Brain Gym, PFG 11:30 Walking Club, PFG 2:00 PrimeFit Olympics Bean Bag Baseball, PFG</p>	<p>9:00 TRIVIA CHALLENGE: COMPOSERS & CLASSICAL, FD 13 4:00 Weekend Theater, BT</p>
<p>DAYLIGHT-SAVING TIME BEGINS 14 4:00 Weekend Theater, BT</p>	<p>9:00 Balance Builders, PFG 15 10:00 Relax & Stretch, PFG 11:00 Brain Gym, PFG 11:30 Knitting Club: Come Knit for Charity, L 1:00 Bellettini Artists Open Studio (Come Paint with Friends. Bring Your Own Supplies), TCR 1:00 Balance Builders, PFG 2:00 PrimeFit Olympics Bean Bag Baseball, PFG</p>	<p>10:00 Tighten & Tone, PFG 10:30 Blood Pressure Checks & Fitness Q & A, PFG 16 11:00 Brain Gym, PFG 2:00 PrimeFit Olympics Balloon Volleyball, PFG</p>	<p>ST. PATRICK'S DAY 17 9:00 Balance Builders, PFG 10:00 Posture Clinic, PFG 11:00 Brain Gym, PFG 11:30 Dance, Shake & Move, PFG 2:00 St. Patrick's Day Party, T 7:30 Midweek Movie, BT</p>	<p>9:00 Balance Builders, PFG 18 10:00 Tighten & Tone, PFG 11:00 Brain Gym, PFG 12:00 Stallion Club, T 1:00 Foreign Languages 101, BG 1:00 Balance Builders, PFG 2:00 PrimeFit Olympics Balloon Volleyball, PFG 3:00 ALL RESIDENTS' MTG, TCR</p>	<p>11:00 Brain Gym, PFG 11:30 Walking Club, PFG 12:30 SCIENCE OF MUSIC AT SOUNDBRIDGE (SOUND MUSEUM) & LUNCH AT BAMBOO GARDEN (VEGETARIAN), OP 19 2:00 PrimeFit Olympics Bean Bag Baseball, PFG</p>	<p>FIRST DAY OF SPRING 20 2:00 Compose Your Own Salad & Vegetable Nutrition Demo (How to Maximize Nutrient Retention While Preparing Vegetables), T 2:00 Bellettini Board Game Day: Simon, FD 4:00 Weekend Theater, BT</p>
<p>11:30 BRUNCH CLUB ON THE ROAD SALISH LODGE DINING ROOM @ SNOQUALMIE FALLS, OP 21 1:00 Digital Age 101 Class with Patrick, BG 4:00 Weekend Theater, BT</p>	<p>9:00 Balance Builders, PFG 22 11:00 Brain Gym, PFG 11:30 Knitting Club: Come Knit for Charity, L 1:00 Bellettini Artists Open Studio (Come Paint with Friends. Bring Your Own Supplies), TCR 1:00 Balance Builders, PFG 2:00 PrimeFit Olympics Bean Bag Baseball, PFG</p>	<p>10:00 Tighten & Tone, PFG 10:30 Blood Pressure Checks & Fitness Q & A, PFG 23 11:00 Brain Gym, PFG 7:00 Irma Aghajanyan Live Outside Toscano (Piano), T</p>	<p>9:00 Balance Builders, PFG 24 10:00 Posture Clinic, PFG 11:00 Brain Gym, PFG 11:30 Dance, Shake & Move, PFG 7:30 Midweek Movie, BT</p>	<p>9:00 Balance Builders, PFG 25 10:00 Tighten & Tone, PFG 11:00 Brain Gym, PFG 12:00 Stallion Club, T 1:00 Balance Builders, PFG 2:00 BEANBAG BASEBALL PARTY: RESIDENTS VS. STAFF, BT</p>	<p>11:00 Brain Gym, PFG 11:30 Walking Club, PFG 2:00 PrimeFit Olympics Bean Bag Baseball, PFG 3:00 HAPPY HOUR ON THE ROAD: COHO CAFE IN REDMOND, OP 26</p>	<p>8:30 METROPOLITAN OPERA LIVE HAMLET (BUY TICKETS IN ADVANCE \$20), OP 27 9:00 Trivia Challenge: the Heart of the Matter, FD 4:00 Weekend Theater, BT</p>
<p>PALM SUNDAY 28 4:00 Weekend Theater, BT 5:00 SUPPER CLUB ON THE ROAD: RISTORANTE PARADISIO KIRKLAND, OP</p>	<p>PASSOVER BEGINS AT SUNSET 29 9:00 Balance Builders, PFG 10:00 Relax & Stretch, PFG 11:00 Brain Gym, PFG 11:30 Knitting Club: Come Knit for Charity, L 1:00 Bellettini Artists Open Studio (Come Paint with Friends. Bring Your Own Supplies), TCR 1:00 Balance Builders, PFG 2:00 PrimeFit Olympics Bean Bag Baseball, PFG</p>	<p>9:00 Bellettini Bake Sale, PA 10:00 Tighten & Tone, PFG 10:30 Blood Pressure Checks & Fitness Q&A, PFG 30 11:00 Brain Gym, PFG</p>	<p>9:00 Bellettini Bake Sale, PA 9:00 Balance Builders, PFG 31 10:00 Posture Clinic, PFG 11:00 Brain Gym, PFG 11:30 Dance, Shake & Move, PFG 7:30 Midweek Movie, BT</p>	<p>Transportation Monday-Friday 9:00 am-5:00 pm Local Bellevue Area Tuesday 9:00 am-3:00 pm Service to Kirkland Thursday 9:00 am-3:00 pm Service to Downtown Seattle Saturday 10:00 am-4:00 pm Local Bellevue Area Sunday 8:30 am-3:00 pm Local Bellevue Area Birthdays Mayer Baron, 3rd Doris Fidler, 14th Helen Willems, 17th Winn Perr, 4th Doug Miller, 14th Dr Victor Menashe, 29th</p>	<p>Locations BT, Bellettini Theatre PA, Panini's BG, Brain Gym PL, Panini's Lounge FD, Front Desk PFG, PrimeFit Gym HG, Herb Garden TCR, The Club Room L, Library T, Toscano OP, Off Property</p>	<p>NEW CLUBS AT THE BELLETTINI: Please contact: Bellettini Travel Club: Esther Quint or Betty Stewart Bellettini Poker Club: Arnie Ross</p>

website of the month: <http://www.essentialsofmusic.com/>